

FOOD ALLERGY
OR INTOLERANCE?



If you have a food allergy or intolerance, or just want more detail about the ingredients in our food and drinks including calories – please let our team know or scan the QR code to find out more.

BREAKFAST

MARKET KITCHEN

welcome to a world of taste

TO START

Relax... we'll bring it straight to your table

Juices

Orange 47kcal / Apple 47kcal
Red berry 16kcal

Tea & coffee

Tea 0kcal
Coffee 0kcal

Toast

served with butter and preserves
White 401kcal / Brown 406kcal

Calorie information provided for tea and coffee doesn't include milk, please refer to Hot Drinks section for calorie information.

CONTINENTAL TABLE

Visit the continental serverly and help yourself

Cereals


served with semi-skimmed milk

Bran Flakes 315kcal
Corn Flakes® 256kcal
Muesli 313kcal
Weetabix® 323kcal

Overnight oats

soya, cinnamon, blueberry,
prunes. 258kcal

Granola, yoghurt

& fruit compote  95kcal

Bakery

Croissant 298kcal
Chocolate & fruit pastry 380kcal
Brown roll 104kcal / White roll 104kcal
Butter 92kcal / Preserves 96kcal

Fruit

Fresh fruit salad  58kcal

Fresh pink grapefruit  36kcal


Prunes

in juice. 84kcal

Whole fruit

Orange 72kcal / Apple 64kcal / Banana 33kcal

Smoothies








Kale & coconut  mango, apple, natural yoghurt. 48kcal

Exotic Mix

mango, passion fruit,
pineapple, orange. 32kcal

FULL ENGLISH BREAKFAST

Visit the hot breakfast counter and our chefs will serve you

Bacon 163kcal / Cumberland sausage 115kcal / Roasted tomato  70kcal / Baked beans  113kcal
Hash brown  576kcal / Mushrooms  68kcal
Fried egg  482kcal / Scrambled egg  255kcal / Poached egg  154kcal

Adults need around 2,000kcal a day

THE KITCHEN

Relax... we'll bring it straight to your table

Porridge

with your choice of topping
Plain 299kcal / Brown sugar 339kcal
Sultanas 358kcal / Almonds 362kcal
Honey 350kcal

Pancakes




Two pancakes
served with a topping of your choice
Plain 310kcal / Fruit compote 348kcal
Lemon 312kcal / Sugar 330kcal

Meat & Cheese

Cured meat platter with Cheddar cheese & Brie
crusty bread, butter. 874kcal

Freshly cooked omelette

choose your own filling

Plain  281kcal / Ham 305kcal / Cheese  343kcal
Tomato  286kcal / Mushroom  368kcal

Eggs Royale

smoked salmon, toasted muffin, poached
eggs, spinach, Hollandaise sauce. 575kcal

Eggs Benedict

honey roasted ham, toasted muffin, poached
eggs, spinach, Hollandaise sauce. 591kcal

Smoked haddock & poached eggs

469kcal

Grilled kippers, parsley butter & lemon

511kcal

Scrambled tofu

spring onion, chilli, spinach, toasted
white bread, crushed cashew nuts. 485kcal

Vegan breakfast

sweet potato falafel, crushed avocado,
mushrooms, roasted tomato,
scrambled tofu, sourdough toast. 874kcal



HOT DRINKS



Smith's of London

Hand-crafted. Artisan roast. Master blenders. Speciality coffees & teas... since 1936.

Cappuccino*
regular 3.95 / large 4.25
92kcal 87kcal

Macchiato*
regular 3.35
12kcal

Espresso
regular 2.85 / large 3.75
1kcal 1kcal

Latte*
regular 3.95 / large 4.25
116kcal 106kcal

add any flavour coffee syrup for 50p
Caramel 59kcal | Hazelnut 59kcal | Vanilla 59kcal

*Calorie information includes semi skimmed milk. Jug of Semi skimmed milk 120kcal.
We also offer milk alternatives at no extra cost. Almond 31kcal | Coconut 79kcal | Soya 79kcal | Oat 110kcal

Adults need around 2,000kcal a day

V Suitable for vegetarians **Ve** Suitable for vegans

For more information about the presence of allergens in all our food or drink, please ask a member of our team every time before ordering even if you have dined with us before as our food or drink ingredients and specifications can change. Full allergen information on the ingredients in the food or drink we serve is available via QR code on menu. Packaged products (i.e. sauce sachets and bottles, juices, water) are not covered in this allergen guide, allergen information for these products is printed on the packaging. We take great care to prevent cross-contamination when preparing your food and drink, however, please be aware that all our dishes are prepared in kitchens and bars where all known allergens are present and there is also risk of allergen cross contamination through shared cooking equipment e.g. fryers. Therefore, we cannot guarantee that any food item is completely free from allergens. If you would like further information on our cooking methods, please ask. As we use other foods containing gluten in our kitchens and bars we cannot declare or guarantee that any of our dishes are gluten free. Our menu descriptions do not list all ingredients, please advise the team of any dietary requirements when ordering. Our staff cannot offer specific advice or recommendations beyond our published allergen communications. MK_BREAKFAST UPDATE_2023

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